

Course:	Acupuncture Treatment of Disease 2	Date:	February 26, 2009
Doc:	Case Studies for Quiz 2		

This quiz covers:

- ☉ Class 4: Epilepsy
- ☉ Class 5: Headaches and Migraines
- ☉ Class 6: Shingles (Herpes zoster) and Trigeminal Neuralgia
- ☉ Class 7: CVA/Wind Stroke

The test (at least this term and probably other too) is 40 multiple choice questions. Know all of the practice cases well from class 4 through class 7. No fill in the blanks on this quiz, but there will be on the final. As usual, you need to know:

- ☉ TCM etiologies and mechanisms
- ☉ Basic points
- ☉ Any extra information emphasized in the notes or slides
- ☉ Important symptoms for each disease
- ☉ Differential diagnoses for each disease studied and the basic points.

Next, my disclaimer: The wording is right from Dr. Luo's case studies. I'm leaving it as is because that's how you'll see it on the tests! The stuff in blue above the case study verbage is mostly my take on what the symptoms and signs mean. Agree or disagree as you will. Unless otherwise noted, the answers to the case studies, however, are from Dr. Luo. I think there were one or two he told us to go over on our own.

### Class 4: Epilepsy

OK, if there's a case study, I don't have it. Anyone care to share? I'm happy to add it in.

### Class 5: Headaches and Migraines

**Zhao, 14 y.o. male student**

Deficiency sign?

xu

He had felt faint occasionally for 3 months. Seven days previously this boy suddenly became pale and faint with a low grade fever. He was nauseated and vomited. The illness lasted 3 days but after treatment at his local clinic, which included fluid infusion, the fever receded and the vomiting stopped. He then started to get obvious headache in his forehead at 8 a.m. each morning. During an attack, which would last for about 30 minutes, he would turn pale and sweat all over. Afterwards he would feel slightly faint. The boy usually had nausea after meal, fatigue, and difficulty in concentration during class.

Upon examination, the boy was found to be well developed both mentally and physically. General tests were normal except his nails were pale at night. Heart and lungs negative, neck movement normal. No relevant family history.

Xu damp ret

Tongue: pale, swollen, teethmarks with thick coating

Xu damp/ph xu

Pulse: thin, soggy, weak

Dr. Luo pegged this pattern as a **Stomach Qi Deficiency with Heart and Liver Blood Deficiencies with Damp Retention**. The TCM diagnosis for a case like this would be “headache.”

The stomach Qi is rebelling (nausea and vomiting) and the Yangming channel is indicated by the headache. I can see the heart blood problems in the difficulty concentrating and the liver blood in the nails being pale at night. However, this doesn't seem like enough information to me. I'd want more. Seems like there's more going on here, perhaps a something else that is causing stomach qi problems.

But maybe that's just me.

### Zhang, a 33 year old female

Chief complaint: headache for 2 years.

Shaoyang area inner wind

Her headaches were frequent and intense and occurred over the right eye with slightly tremor of the

Liver yang rising symptoms

eyelids. They were throbbing in character and aggravated by lying down. They were accompanied by LV overaction on SP?

Liver Qi Stagnation

nausea. Her periods were regular and normal, but she experienced pre-menstrual tension manifesting

A little heat plus Liver Qi stagnation affecting emotions same here.....

with irritability, mood swings and weeping. In the past, she had suffered from severe depression, breast ..... distention and hypochondriac pain.

Liver

heat

Heart?

LV/GB

Her pulse was wiry and her tongue was red with red spots in front and sides of the tongue.

1. The patient has the following liver problems at the time she came to the clinic and in the past, *except*:
  - a. Liver fire/yang rising
  - b. Liver Qi stagnation

- c. Liver/inner wind
  - d. Liver yin deficiency**  
No deficiency symptoms above...all are excessive symptoms.
2. Which of the following point groups would you use for this case?
- a. SP 10, BL 40, BL 17, PC 6, Ren 23, DU 4, BL 23, BL52
  - b. ST 40, GB 41, SJ 5, Ren 17, SP 9, ST 8, BL 28, Ren 9  
*While you could use GB 41 and SJ 5 for headache, this is more of a damp-heat treatment than is appropriate for this patient...no damp signs.*
  - c. LI 3, LI 4, LI 11, LV 14, GB 34, HT 7, PC 8, SI 3, LI 20  
*If there were more heart signs and heat signs as well as Liver signs, this might be appropriate...*
  - d. DU 20, SJ 5, PC 6, LV 3, SP 6, LV 2, GB 34, LU 7, GB 20, Taiyang extra point**  
Du 20 is for wind. SJ 5 is one of the basic points. PC 6 for the nausea accompanying headaches. LV 3 and GB 34 for soothing the liver qi. SP 6 addresses all 3 leg yin channels – helps with menstruation/PMS, harmonizes the LJ, and calms spirit. LV 2 clears Liver heat. LU 7 is for wind affecting the head and headache. GB 20 expels the wind. Taiyang addresses the pain at the side of the head.

## Class 6: Shingles and Trigeminal Neuralgia

### Li, 50 year old male

Chief complaint: Pain on the side of his trunk for 3 weeks.

He had been suffering from herpes zoster for about 3 weeks. He complained of severe sharp but hot pain on one side of the hypochondriac region at the level of L2-L5 and the pain was burning sometimes and got worse at night. He even could not sleep at night due to the pain. At the beginning he got eruptions with blisters and gradually the blisters were broken and the pain got worse. Now he got very dry skin with dark purple scars with hot sensation under the skin. He was very thirsty with desire for cold drinks. He had bitter taste in mouth. He felt very tired and lost 8 pounds in 3 weeks. He was irritable with itching around the external genitals. He was indulgence in alcohol for many years. His tongue was scarlet in color with a very rough, dry and brown coating. His pulse was wiry, thin and fast, thinner on the left.

- 1. All the symptoms show you that he had blood stasis, *except*:
  - a. Itching around the external genitals**  
This is a damp heat sign

- b. Scarlet tongue body  
*Dr. Luo says this is stasis...which we've always been taught is purple. Scarlet should be intense heat, shouldn't it?*
  - c. Pain being severe at night
  - d. Dry skin with dark purple scars
2. All the following symptoms show you that he had damp heat in the Liver and Gallbladder channels *except*:
- a. Sharp and hot pain on the one side of hypochondriac region
  - b. Irritable with itching feeling around external genitals
  - c. Very dry skin with dark purple scars**  
This is a blood stasis sign
  - d. Bitter taste in the mouth.
3. Which group of points is appropriate for this case:
- a. Jiaji points at the level of L2-5 with DU 17, BL 23, KI 3, SP 6
  - b. Jiaji points at the level of L2-5 with LV 2, GB 41, SP 6, BL 40, SP 10**  
LV 2 and GB 41 are the most important points here...LV 2 eliminates LV heat, GB 41 interfaces with the Dai vessel which wraps around the trunk much as the shingles do. GB 41 also treats pain in the costal/hypochondriac areas. SP 6 helps with dampness. BL 40 for heat. SP 10 for stasis of blood.
  - c. Jiaji points at the level of L2-5 with SJ 5, LI 11, ST 44, LI 4, ST 36
  - d. Jiaji points at the level of L2-5 with RN 17, RN 6, ST 25, SP 15, LI 11

**Li, 71 year old female.**

Either Liver or Phlegm fire rising-chronic

Liver

She has had hypertension for 10 years. After a period of worry and anger in March 2000 she suddenly  
heat

started to have severe paroxysmal burning pains in the right side of her face. The pain was worse when  
Liver involvement blockage dampness

she was feeling emotional. The attacks would start with a sudden feeling of soreness, heaviness, and  
heat

burning in her right eye. The pain would then spread to the right temple and upper gums. The right side  
wind heat

of her mouth would become stiff, with severe burning pain. The duration of each attack varied from a

few seconds to a few minutes and would be most severe at mealtimes or just before bed. She also had a  
heat – liver stomach heat wind LV/heat heat

bitter taste in her mouth and very bad breath. She felt dizzy, irritable and thirsty, with a preference for  
heat Spleen involved - xu

cold drinks. But after drinking she would need to urinate frequently or develop diarrhea. She sweated  
Yin xu Kidney xu Liver blood xu

occasionally at night and also had lower back pain usually. Her vision was occasionally blurred.

Xu yin xu

yin xu – zygomatic area

Examination: She was thin and lost weight during the past 3 months with red cheeks and a tendency to LV Qi yu sigh a lot. She has no relevant family history.

Heart? heat damage body fluids heat in liver/gb areas

Tongue: pointed tip, dry yellow coating. Red color to body of tongue on sides.

Damp/ph heat

Liver area - yu

Pulse is slippery and rapid on both left and right. . On the left the guan position (2<sup>nd</sup>) is wiry. Both Interior – KI xu

right and left the chi positions (3<sup>rd</sup>) are deep, thin and weak.

This patient has a diagnosis of (per Dr. Luo) **Liver fire with phlegm retention** which is causing the trigeminal neuralgia. I also see Liver Qi stagnation causing the fire with liver wind resulting. I see some stomach heat. The diarrhea is probably caused by liver overacting on the spleen. I see Liver and Kidney yin xu, Liver blood xu too.

### Class 7: CVA/Wind Stroke

To Study for Wind Stroke:

Dr. Luo emphasized in class that all inner wind and vertigo is due to LIVER inner wind. Inner wind can be caused by blood xu, yin xu, or Liver yang/fire rising. Early signs of a wind stroke can be stiff neck, headaches, numbness on one side and twitching. Windstrokes don't just happen out of the thin blue air except for TIA's. They have precursors.

- ☉ Know the difference between a wind stroke of the meridians and a windstroke of the organs. (Hint: if wind attacks the organs the patient will lose consciousness – much like a hemorrhagic stroke in western medicine)
- ☉ Know closing syndromes versus collapse syndromes
- ☉ Know sequellae information
- ☉ Know the manifestations of inner wind (i.e., twitching, numbness, vertigo, etc.)

*We didn't discuss this one in class, so make of my discussion and stuff in blue what you will...*

**Zhang, 68 year old female**

Hypertension involves either LU, SP, KD or HT, LV, KD

Condit of vessels - LV Kidney

She had a history of hypertension, atherosclerosis and lower back pain. Recently she had been feeling Wind rising Liver LV yang rising?

faint after an emotional disorder and having headaches, but had not thought her discomfort severe qi xu? stasis

enough to warrant treatment. Five days previously however, she began to feel weak and fixed painful imbalance between upper and lower sign of right side brain fx'd in the waist, legs and knees. If she walked quickly she would stumble. Soon her left leg was useless and

Kidney heat heat

she could not stand. She also developed tinnitus and felt thirsty, with a preference for cold drinks. Her

bowels moved twice per day and she passed scanty reddish urine. She preferred fatty food with poor appetite and had white sputum early in the morning. Her eyes felt dry and had blurred vision during recent 2 years. Her condition was diagnosed...

Examination: She was overweighted. Her face was red and her tongue was deviated. Her speech was impaired. Blood pressure was 200/120 mmHg. Tongue is purple (can't see much more detail than that in the powerpoint pic).

Pulse is thin, wiry, and fast in the 3<sup>rd</sup> position on both sides. The second position on the right is soggy.

Patient seems to have an ischemic type of cerebrovascular disease or CVA as she hasn't lost consciousness and the symptoms are progressing slower than if she was having a hemorrhagic CVA. The dizziness and inability to balance well indicate wind affecting the body. She has a fatty diet and a soggy pulse in one position. She is also overweight. These things imply phlegm/damp. She has signs of Liver yang rising – hypertension and the headaches as well as Liver blood xu and Liver overacting on spleen. She's definitely got heat signs.

Since this has happened to her in the last few days, she is in the acute stage of a wind stroke of the meridians rather than the organs because she never lost consciousness. She is a combination of the two types listed in the study guide for wind stroke of meridians. She's got a Kidney yin deficiency as well as a probably Liver yin xu (dry eyes) as the 2 go together often, and she's got Liver blood xu. These have generated the inner wind that causes the dizziness, vertigo, headaches, exacerbated by the emotional symptoms. She also has a history of hypertension with a pattern description of Liver/Kidney yin xu and Liver Yang rising.

My diagnosis for her: wind stroke.

My pattern description for her: Liver Yang Rising due to Liver and Kidney Yin xu with inner wind and damp phlegm harassing the meridians.

**Li, 52 year old female**

Chief complaint: numbness in the right limbs for 2 weeks. She has been suffering from palpitations, pale face, soft voice, poor memory and bad concentration for over 15 years due to heavy menstrual bleeding. During the past 2 months, she had dizziness and vertigo, blurring vision, pale and scanty menstrual bleeding and her appetite was poor. Two weeks ago when she

numbness is LV wind

woke she suddenly felt numb on her right limbs. She could not hold objects and she also had constant inner wind Heart or liver blood xu Inner wind skin twitching. She complained of nightmares with a lot of dreams and woke up with calf spasms. She Qi deficiency and wei qi? Xu-blood, yang, qi or cold.... sweated easily with exhaustion at the end of the day. Her tongue was pale and thin with white coating.

Xu .....plus Liver

Her pulse was thin, weak, and wiry.

1. Pale face, soft voice, poor appetite and sweated easily with exhaustion indicate:
  - a. Gallbladder and heart qi xu
  - b. Heart and liver blood xu
  - c. Kidney qi xu
  - d. Lung and spleen qi xu
  
2. What are the signs of inner wind?
  - a. Pale face, soft voice
  - b. Poor appetite, dreams
  - c. Sweating easily, poor memory and bad concentration
  - d. Numbness of the right side of the body with skin twitching
  
3. What caused her inner wind?
  - a. Rising of liver yang
  - b. Blood stasis and rebellious qi
  - c. Retention of phlegm and dampness
  - d. Liver and heart blood xu  
Blood xu, yin xu, and liver fire can cause inner wind – can be excess or xu causes
  
4. Overall, the deficiencies in this case include:
  - a. Yin and essence xu
  - b. Yin and yang xu
  - c. Qi and blood xu
  - d. Qi and yang xu
  
5. Which of the follows is the principle of treatment?
  - a. Balance yin and yang and remove inner wind
  - b. Nourish yin and replenish essence
  - c. Tonify qi and nourish blood and remove inner wind
  - d. Warm yang and tonify qi
  
6. Which of the following points is for this patient?
  - a. LI 4, LV 3, HT 1, PC 8, KI 1
  - b. DU 20, DU 16, Shixuan extra points, GB 20, GB 34
  - c. ST 36, SP 6, BL 17, BL 18, BL 15, GB 20, LV 8, REN 17
  - d. SP 10, BL 40, BL 17, BL 62, SI 3

7. According to her symptoms, this is:
- a. Wind stroke attacked internal organs  
*she would have lost consciousness if this had happened*
  - b. Insomnia due to liver fire
  - c. Wind stroke attacked meridians
  - d. Palpitation due to disharmony between heart and kidney